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Fat Saver Guide

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Use this chart for tasty low fat substitutes of everyday ingredients. Many small changes can make a big difference. Making lower fat substitutions just twice a week for a year could result in weight loss and health gains!

	Instead of:	Try This:	Fat grams saved per serving	Pounds you would lose in a year
Butter,	1 Tbsp butter or margarine	1 Tbsp apple sauce or pureed prunes	11	1 $\frac{3}{4}$
Margarine	1 Tbsp butter or margarine	1 Tbsp all fruit preserves	11	1 $\frac{1}{2}$
And Oil	2 Tbsp oil for sautéing	2 Tbsp broth for sautéing	28	6 $\frac{3}{4}$
Substitutes	1 Tbsp butter or margarine	2 seconds of cooking oil spray	14	3 $\frac{1}{2}$
	1 Tbsp butter or margarine	1 Tbsp reduced calorie margarine	5	1 $\frac{1}{2}$
Sauces & Condiments	2 Tbsp regular salad dressing	2 Tbsp nonfat salad dressing	14	3 $\frac{1}{2}$
	1 Tbsp mayonnaise	1 Tbsp nonfat mayonnaise	12	2 $\frac{1}{2}$
	1 Tbsp mayonnaise	1 Tbsp nonfat yogurt	11	2
	1 Tbsp butter or margarine	1 Tbsp salsa	11	2 $\frac{3}{4}$
Dairy	$\frac{1}{2}$ cup regular ricotta cheese	$\frac{1}{2}$ cup nonfat ricotta cheese	16	4
	2 Tbsp heavy whipping cream	2 Tbsp evaporated skim milk	10	2 $\frac{1}{4}$
	2 Tbsp regular cream cheese	2 Tbsp nonfat cream cheese	10	2
	1 ounce regular full fat cheese	1 ounce nonfat cheese	9	2
	1 ounce regular full fat cheese	1 ounce reduced fat cheese	4	1
	1 cup whole milk	1 cup fat free skim milk	8	1 $\frac{3}{4}$
	1 cup whole milk yogurt	1 cup nonfat yogurt	7	$\frac{1}{2}$
	2 Tbsp regular sour cream	2 Tbsp nonfat sour cream	5	1 $\frac{1}{4}$
$\frac{1}{2}$ cup whole milk cottage cheese	$\frac{1}{4}$ cup nonfat cottage cheese	4	1	
Meat & Poultry	3 ounces ground beef	3 ounces ground skinless turkey breast	16	3 $\frac{3}{4}$
	3 ounces ground beef	3 ounces veggie burger crumbles	14	4 $\frac{1}{2}$
	1 regular hot dog	1 fat free vegetarian hot dog	16	4
	5 slices regular bologna	2 slices fat free turkey bologna	16	4
	1 ounce regular ham	1 ounce fat free ham	6	2

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